

Peperoni Imbotiti alla Barese

Stuffed Peppers from Bari
Serves 6

Ingredients

Yellow bell peppers, ripe, 6	Pitted black olives. Chopped. 200 gms
Bread crumbs, 100 gms	Pine nuts. 30 gms
Knob of butter	Parsley & basil, ½ tblsp
Anchovy fillets, chopped, 8	A pinch of nutmeg, Pepper. The usual oil.
Pickled capers, 50 gms	Tomato puree diluted with a little cold water.

Method

Preheat oven to 180°C. Briefly fry the breadcrumbs in butter

Half pepper lengthwise. Toast them on the grill (10mins) and immerse in a basin of cold water, remove seeds and arrange in a snug greased overproof pan.

Combine crumbs, anchovies, capers, olives, raisins, pine nuts, parsley and basil in a bowl, season with salt, pepper and nutmeg, sprinkle with oil and fill the peppers.

Season them with salt, pepper and a little oil; pour the diluted tomato puree into the pan until halfway up the peppers and place in the oven. Bake for about an hour.

They are also excellent cold.

